

# White Spire School



## Healthy School Policy

**Date:** May 2021

**Review Date:** May 2022

## Introduction

At White Spire School we aim to promote the health and well-being of the whole school community through all aspects of food and drink, physical activity and positive emotional health. All the principles within this policy apply to both adults and pupils. All members of the school community (teaching and non-teaching staff, parents, pupils and governors) work towards the school's aims.

### 1. Policy Objectives

#### **To promote a school ethos and environment which encourages a healthy lifestyle**

- Our explicit values underpinning positive emotional health and resilience are reflected in our school values and our PSHCE & Wellbeing Curriculum
- Classes feed into the School Council to give children a voice in how to make their school healthy
- The school grounds include shaded areas for sun safety. Children are encouraged to wear hats in very sunny weather
- Staff take part in Continuing Professional Development including First Aid, FGM and CSE, Child Protection and Safeguarding, Team Teach and Food Hygiene to ensure we meet or exceed all statutory requirements
- A positive learning environment is created through systems as set out in our Behaviour Policy
- There is an active partnership with the school nurse who works with individuals and the whole school to promote healthy lifestyles as well as supporting parents and the wider community
- Our Breakfast Club provides a selection of healthy food and drink items for a subsidised fee
- Our Behaviour Support Worker provides emotional support and development opportunities to children across the school according to need
- Parent engagement sessions often have a 'Healthy' theme, for example, making fruit kebabs

### 2. To use the full capacity and flexibility of the curriculum to achieve a healthy lifestyle

Food, drink and physical activity within a healthy lifestyle is incorporated across the curriculum.

This includes:

- Food Technology (as part of Design and Technology) provides the opportunity to learn where food comes from and apply healthy eating messages through practical work with food including preparation and cooking
- Science provides an opportunity to learn about the effects of physical activity and diet on our bodies and the effects of a balanced diet
- PSHCE encourages young people to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle and keep themselves safe
- Physical Education provides children with the opportunity to develop physically, mentally, socially and creatively and understand its practical and sustained impact in day to day life. We have both an Outside Gym and an Indoor Gym – used by the older students. Staff can use the Gym for free. All classes have access to the '5 a Day TV' subscription service which leads children through quick 5 minute bursts of activity which can be used at any point during the day
- Numeracy enables children to understand nutritional information as well as calculating, weighing and measuring
- All Primary classes participate in the NSPCC 'Speak Out. Stay Safe' Programme. All Secondary and Sixth Form classes participate in Drugs and Alcohol Awareness Workshops led by Compass UK

### 3. To ensure the food and drink available across the school day reinforces the healthy lifestyle message

- Water fountains are located around school to allow children to drink chilled water at break times. Children are encouraged to bring a water bottle into class to be sipped throughout the day
- We have fully accessible toilets and encourage regular toilet breaks

- The school has Healthy Packed Lunch Guidelines which is shared with all Parents and Carers upon admittance to the School. We encourage children to bring in healthy snacks for Break time
- Children can purchase fruit each Break time as a healthy snack
- We strive to ensure our lunch menu, designed in conjunction with the School Council, offers variety and is balanced across all the food groups. Our menu changes half-termly to offer seasonal choices
- Healthy choices are encouraged and supervised at school lunches
- Lunch time food consumption is checked and monitored to ensure enough food has been eaten
- For special events such as class parties, festivals, fetes, fairs and coffee mornings, staff and parents will ensure that a variety of food choices are available, keeping in mind the Healthy School Policy

**4. To provide quality physical education and school sport, and promote physical activity as part of a lifelong healthy learning.**

- Active play equipment is provided for all ages at break times and lunchtimes including an Outdoor Gym and Multi Use Games Area (MUGA)
- Break and Lunchtime Staff have received training to help encourage interactive play
- All children have at least two sessions of PE each week
- The children in Years 6 & 7 attend swimming lessons all year
- Children across the school are given the opportunity to take part in local sporting competitions
- The school has partnerships with Sport Milton Keynes to develop sport across the school and make links with other local schools
- Children are offered the opportunity to take part in a range of lunchtime and after school sports